



Nursery

The Black Pear Trust



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Healthy	Movement	Multiskills Send	Multiskills Receive	OAA/Outdoor Challenge
<p>Show awareness of own needs with regard to eating, sleeping and hygiene</p> <p>Show awareness of a range of healthy practices with regard to eating, sleeping and hygiene</p> <p>Observe the effects of activity on their own bodies</p> <p>Show some understanding that good practices with regard to exercise, eating, sleeping and hygiene can contribute to good health</p>	<p>Move spontaneously, with pleasure and confidence within the available space</p> <p>Can stop</p> <p>Combine and move in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding, hopping</p> <p>Adjust speed or change direction to avoid obstacles</p> <p>Go backwards and sideways as well as forwards</p> <p>Jump off an object and land appropriately</p> <p>Sit up, stand up and balance on various body parts.</p> <p>Hold a shape or fixed position</p> <p>Mount stairs, steps or climbing equipment using alternate feet.</p> <p>Demonstrate grasping, releasing, pulling and pushing actions on different pieces of balancing and climbing equipment</p>	<p>Engage in activities requiring hand-eye coordination-</p>		



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Negotiate an appropriate pathway when walking, running or using a wheelchair or other mobility aids, both indoors and outdoors

Show respect for other children's personal space when playing among them

Collaborate in devising and sharing tasks, including those which involve accepting rules

Move body position as necessary

Show increasing control in using equipment for climbing, scrambling, sliding and swinging

Practise appropriate safety measures without direct supervision when using and transporting equipment

Demonstrate grasping, releasing, pulling and pushing actions on different pieces of balancing and climbing equipment



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	<p>Join in repeated refrains, anticipating key events and important phrases</p> <p>Respond to simple instructions Listen to others in one to one small groups when conversation interests them</p> <p>Show awareness of similarities in shapes in the environment</p> <p>Observe and use positional language</p> <p>Show awareness of symmetry</p>			
<ul style="list-style-type: none">• Food• Healthy• Clean• Exercise• Sleep	<ul style="list-style-type: none">• Move• Stop• Speed• Direction• Space• Jump• Land• Sit• Balance• Push• Pull	<ul style="list-style-type: none">•	<ul style="list-style-type: none">•	<ul style="list-style-type: none">•